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PELHAM CITIZEN OF THE YEAR: 2013 honours bestowed by Fonthill Kinsmen

Swan is a man about town

MELISSA MANGELSEN
Pelham News Staff

If you're in Pelham enjoying the addition of sidewalks, the designation of a bicycle-friendly community, the Issac Riehl Skate Park, enjoying an outdoor concert at the bandshell or sharing the holiday cheer at Christmas in Pelham, chances are David Swan has been involved in some way.

That's why Fonthill and District Kinsmen named him citizen of the year for 2013.

"When they called to tell me, I thought someone was playing a prank on me. I've been blessed with excellent health and through volunteering I can pay back what I have been so freely given. I really don't have an excuse not to volunteer," said Swan.

He came to Pelham 16 years ago and has immersed himself in the "friendliest little community" since

then.

It all began for him when he had a vision and saw the need for additional sidewalks in Pelham.

"People were going for walks, getting splashed by cars, having to get off the sidewalk and walk on the road," said Swan, who lobbied to get the approval for the installation of \$45,000 worth of new sidewalks.

"There was a lot of people not happy with the sidewalks, they want to maintain a small-town feel, but it's progress and it can't be stopped."

After his involvement with the sidewalks he was asked to fill out an application for the active transportation committee and, as he says, "the rest is history."

Volunteering has been a part of Swan's life since he can remember.

See SWAN | Page 2



MELISSA MANGELSEN/PELHAM NEWS STAFF

David Swan has been named the Fonthill Kinsmen and District's 2013 Pelham Citizen of the Year.

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UPFRONT

■ HENRY SAMs

'True Canadian hero' remembered

ALAN BENNER

Pelham News Staff

Henry Sams never used to talk about his experiences in the battlefields of Europe.

It brought back memories that were much too painful, said Jim Summersides, a life-long friend and fellow Second World War veteran.

But that changed a few years ago when local veterans became involved in the Memory Project, an initiative by Historica Canada and Canadian Heritage to preserve the experiences of Canadian veterans.

Summersides said it "took some coaxing" to get Sams

to participate. "But after he got into it he found that it really helped him," Summersides recalled.

"He said, 'This has helped me face up to the fact that it's over, but it's never really over'."

Sams died suddenly in his Welland home Wednesday. He was 96 years old.

He was a gentleman and he was a proud Canadian, and God bless his soul. He was a man that will be missed very much."

Sams joined the Royal Hamilton Light Infantry in 1941, and obtained the rank of Corporal while serving in Holland, France, Belgium, Holland and Germany —

earning several medals in recognition of his efforts to fight for freedom. Summersides said he proudly wore those medals on his uniform.

Following the war, Sams worked for Stelco for 33 years, retiring in 1982, and spent his leisure time hunting or with his wife Rita and family.

Sams spent the last several years of his long life sharing tales of the battlefields he fought on with children, educating about the horrors of war and the sacrifices made by veterans.

"He stressed remembrance for the kids, he

stressed that they should stay in school and get some education," Summersides recalled. "His one comment, everytime we went to the schools, he'd say, 'We live in the best country in the world.'"

"He was a true Canadian hero," he added.

Summersides said he and Sams have been friends throughout their lives, recalling a conversation they shared a few years ago.

"Henry remembered the fact that my sister was waiting for her little brother to come along who wasn't even born yet," Summersides said. "That was me."

They remained friends



FILE PHOTO

Henry Sams with his lifelong friend and fellow Second World War veteran Jim Summersides.

throughout their lives, "right to the end."

A memorial service for Sams was held at the James

L. Pedlar Funeral Home, 1292 Pelham St., Feb. 10.

alan.benner@sunmedia.ca

■ SWAN

Pelham resident says volunteering is the glue of community

Continued from Page 1

"It slowed down a bit when we had our two children, Jennifer and John. There's the pressures of working and maintaining a family, but now I don't have those pressures," said Swan.

He was involved with Scouts Canada for 25 years and said the time he did have available he would put to good use.

"After I retired that's when I really got back into volunteering again."

He is also on the bandshell concert committee and the newly formed Pelham seniors committee. Every committee he is involved in branches out to various campaigns.



MELISSA MANGELSEN/PELHAMNEWS STAFF

David Swan, who seems to have a hand in everything in Pelham, has been named the Forthill Kinsmen and District Pelham Citizen of the Year for 2013.

He is involved with the walk to school campaign, decorating the town at Christ-

mas, Summerfest and was the push behind sidewalk snow removal in Pelham.

"I looked at other communities that were doing the snow removal and I thought, why not Pelham?"

He believes volunteerism is the glue that holds Pelham together.

"It's the best resource we have. Council gets a lot of advice from people who have gone through their working life and have a lot to offer. There are a lot of people out there who have a lot of skill."

With council on the same page as Swan in many initiatives, including the 20-year plan, Swan said the mayor and council have been a pleasure to work with.

"An awful lot of people don't realize all that happens because of volunteers. People would rather donate money than their time these days because of the pressures of the economy and family. Most of our volunteers in Pelham are retired, or of the younger generation," he said.

Swan noted that volunteering has seemed to skip a generation. "There is my generation who volunteers, that middle group who doesn't have the time, and their children who are getting involved. It's really interesting to see. It really is incredible though how many people in Pelham volunteer."

Swan lost his wife in 2011 after a bad fall in their home.

"She supported me in everything I did. I don't know how much longer I can go on without burning out, but I will as long as I can. So many people were supportive during the loss of my wife. How could I say 'no I can't help'? Volunteering has been a great medicine and an incredible journey."

Swan will receive the Pelham Citizen of the Year award Feb. 25, 7 p.m. at the volunteer recognition dinner at Old Pelham Town Hall.

melissa.mangelsen@sunmedia.ca
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LOCAL NEWS

IN BRIEF

What's in a name?

Pelham town council looked at the idea of running a contest among local schools and businesses to help determine a unique name for the east Fonthill neighbourhood planned for Regional Rd. 20 along Rice Rd. to south of Merritt Rd. Town staff will work with council to iron out the details in the coming weeks.

Got an idea for a name? Now's a good time to start thinking about it.

East Fonthill secondary plan approved

The Ontario Municipal Board (OMB) has approved the East Fonthill secondary plan. The approval of the plan will ensure east Fonthill will be walkable, bike-friendly and fully integrated to downtown Fonthill and existing neighbourhoods.

The following has been

approved by the OMB and is in force and effect in relation to the east Fonthill secondary plan: Environmental protection plan; Environmental protection; water resource management and EIS requirements; stormwater management facilities; water and sewer servicing strategy and transportation; heritage and archaeological resources; subdivisions for land.

Pink Shirt Day in Pelham

Feb. 26 will be Pink Shirt Day in Pelham.

Bullying is a major problem in Canada's schools, workplaces, homes and over the Internet. The week will be illuminating the arches in downtown Fonthill pink from Feb. 15 to 26 to shed light on the subject.

The town has asked its staff to wear pink to show support and the town vehicles will display pink ribbons. Everyone is encouraged to wear something pink to symbolize that society will not tolerate bullying anywhere.

New office hours for Pelham Cares

As of Monday, the Pelham Cares office will be open from 8:30 a.m. until noon Monday, Wednesday and Friday and

8:30 a.m. to 4:30 p.m. on Thursdays (excluding July and August).

Pelham Cares has added additional hours once a week to accommodate people who are unable to come in the mornings.

No rush to dispose of old fire hall

Pelham council decided to hold onto the old Fenwick fire hall, and the property until they meet with the library board and determine if it will have any other uses, either town-related or not. Ward 1 Coun. Jim Lane said he didn't see the urgent need to dispose of the property at 792 Welland Rd., and councillors agreed with him. They will look at possible uses for this building and/or land and revisit it at a later date.

Traffic issue on Haist St. and Pancake Ln.

The technical evaluation has been completed for the Pancake Ln. (Haist to Effingham St.) neighbourhood. Town council has heard concerns from residents regarding unsafe conditions, a high volume of traffic as well as concerns about speeding vehicles. Residents have asked council

to find a solution to improve safety.

The next step is to form a committee of two of the neighbourhood residents, a member of the Pelham Active Transportation Committee and a staff member. The committee was scheduled to meet in December, but co-ordinating a meeting has been difficult due to conflicting schedules. Council hopes that the meeting will be able to take place in February.

Arena land rezoned

Pelham council has rezoned the arena at 1120 Haist St. from an open space zone to a public zone to allow for the existing public arena, quonset hut, platform tennis, accessory structures and buildings recognized as permitted uses. The amendment to rezone was necessary to capture the existing and built uses under the appropriate zoning provisions and regulations.

— compiled by Melissa Mangelsen

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Maintaining our small-town feel as we grow

DAVE AUGUSTYN

Mayor of the Town of Pelham

As I have written here several times, Pelham contains much land set aside for new growth.

The largest is in the "East Fonthill" area – between Rice Road and Station Street / Steve Baur Road and from Regional Road 20 to the Town's boundary (south of Merritt Street).

While much of these nearly 450 acres are currently farmed, the entire area was added to the Urban Area by an appeal to the Ontario Municipal Board (OMB) in 2000. (Questions about whether the Town should grow on those lands were asked and answered during the OMB's consideration nearly 15 years ago.)

This 2000 OMB decision allowed the inclusion of any lands East of Rice Road in the Urban Area and required the Town to undertake a "Second-ary Plan" before allowing development to proceed.

All Towns and Cities must have "Official Plans" which contain planning policies and outlines where commercial, agricultural, industrial, and residential developments can occur. It uses a series of maps to demonstrate those areas.

Like an Official Plan covering the entire Town, a "Secondary Plan" contains detailed policies and guidelines for growth and development for a specific area – in this case, this East Fonthill area.

When the Province dramatically altered their planning policies in the mid-2000s – adding the Greenbelt, "Places to Grow", and the Provincial Policy Statement – the Town needed to re-align our own policies. That's one of the major reasons why it took until October 2010 to finally approve the East Fonthill Secondary Plan.

The other major reason is because Council and I worked to ensure that the Plan maintains our small-town feel as we grow. You see, the East Fonthill Secondary Plan includes several important features:

- ensuring a well-designed, attractive, pedestrian-friendly development with a mixture of housing types;
- encouraging significant commercial and mixed-use development – medical, retirement housing, recreational facilities potential – while at the same time connecting and protecting Downtown Fonthill;
- providing a "Greenlands System" that protects existing environmental features and integrates with the Steve Baur Trail; and
- developing a pedestrian / cyclist-friendly and transit-ready road network.

If approved in 2012, why hasn't development occurred in the East Fonthill area yet? A developer, the Province, and Lafarge Canada appealed the Town's Official Plan and this Secondary Plan to the Ontario Municipal Board. Following much discussion and some minor wording changes, the OMB approved the Secondary Plan on 30 January 2014. (The OMB will consider the remainder of the Town's Official Plan during a pre-hearing on 11 March 2014.)

With this OMB hurdle crossed, the final phases of construction in East Fonthill should begin this year and Pelham can maintain our small-town feel as we grow into a stronger, more complete community.

COMMENTS

It's Happy News for Local Home Sales



CATHY BERKHOUT-BOSSE

The average price for the Niagara Region (not including Grimsby) was \$242,385 as at the end of January up 3% per year on average from the January 2009 12-month average price of \$210,726.

According to the Housing News Flash released by Scotiabank on January 15th, 2014, last year's "volume of sales transactions was largely on par with 2012 as well as the average price of the past decade" and we can expect "market conditions remain fairly well balanced, though slightly favour sellers at the margin, putting continued modest upward pressure on prices."

Good news to kick off the New Year indeed.

Cathy Berkhout-Bosse H.B.A., is a Pelham resident and Real Estate Broker at Remax Welland Realty Ltd. You may read past columns at www.NiagaraRealtySource.com

The housing market is off to a brisk start despite the extreme winter weather conditions that we have been experiencing in our local area. According to Multiple Listing Service (MLS's) statistics of the Niagara Association of Realtors there were 15 residential transactions reported in Pelham this January compared to 11 last year – a 36% spike in monthly activity. In fact, last month's sales total represents the highest level for January since 2010 when 17 sales were recorded and is significantly above the 5-year average of 11 units for the month.

As of the end of January the 12-month average selling price of a home in Pelham stood at \$347,774 up marginally over \$347,550 12 month average price reported at the end of December 2013. Last year at this time the figure was \$325,630 reflecting an annual

average price increase of 6.8%.

The current average price level in Pelham reflects a 5-year average annual appreciation rate of 3.6% over the January 2009 12-month average price figure of \$294,853.

Unit sales in Welland dropped slightly during January with 31 transactions recorded for the month compared to 35 in 2013. The current 12-month average price now stands at \$185,971 in the Rose City representing an annual appreciation rate of approximately 2% per year over the 12-month average price of \$169,252 recorded in January 2009.

Notes from Pelham Public Library

FRAN GILES

In my column of two weeks ago, I said that the Fonthill library branch would be opening late Feb. 19, because of a staff meeting. Since that meeting has now been postponed, the library will open at the usual time of 10 a.m. Both branches will be closed for Family Day, Feb. 17.

There is a rumour going around, especially among users of the Maple Acree Branch in Fenwick, that it is definitely going to be closed. That may well come to pass, as the library board feels that they cannot continue to fund it within their present budget in view of its low usage.

There have been several articles and letters to the editor in the local papers which go into the problem in detail, most of the stated facts are accurate, but at the time of writing it is still up in the air.

Owing to the recent bad weather, several events have had to be postponed,

namely the Seniors' Valentine Tea. The Valentine Tea will now take place Feb. 19.

While I am writing about upcoming events, in addition to our usual drop-ins, games and clinics that happen every week or so, the all-occasion cardmaking class takes place Feb. 18, from 10 a.m. to 12:30 p.m. for \$10. Enrollment is limited to 20 so pre-registration is important. The monthly Hearing Clinic is on Feb. 24 from 10:30 a.m. to 1 p.m. (Phone 905-892-6068 to book an appointment) and a free tax-planning seminar will be held Feb. 26, 6:30 p.m. (Free but please pre-register).

Finally, if you have ever been faced with a blank mind as well as a blank page or screen when required to produce a piece of writing, Conquer the Blank Page, a workshop with short-story writer and teacher Larry Brown, might be just the thing for you. It will be held Feb. 22, from 10 a.m. to 3 p.m. The cost is \$50 and participants must pre-register.

Now, to books. In addition to the crop of new show biz biographies and cookbooks, mental and physical well-being guides, sports and true crime reads, there are two additions to the history of JFK's presidency. One is "JFK's Last Hundred Days: the transformation of a man and the emergence of a great president" by Thurston Clarke. The other one is more of a crime/mystery approach: "The End of Days: the assassination of John F. Kennedy" by James Swanson.

Moving on to truly fictional crimes, there is "Behind the Shattered Glass," a historical mystery novel by new-to-me writer Tasha Alexander and "A Cold White Cloud," continuing the series about Constable Molly Smith by BC writer Vicki Delany. I can vouch for Delany because I have been following the series, and I am certainly going to try Alexander. After all, you need to find a new author every now and then, because your favourite old ones never write fast enough.

ONLY ON P5 Get breaking news as it happens.

You may contact Mayor Dave at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

www.pelhamnews.ca

LOCAL NEWS

New member for Fonthill Lions



Recently, District Governor Jim Rorrbach inducted a new member, Jack Cripps, into the Fonthill Lions. From left, Doug Gaylor, president, Fred Arbour, sponsor, Jack Cripps, Jim Rorrbach.

Donation to Scouts Canada



Donation to Scouts Canada - The Fonthill Lions Club presented a cheque to Scouts Canada with the funds to be used for Camp Dayhondayahlaquah at Port Colborne. From left, accepting the cheque from Doug Gaylor, president, is Phil Blackmore from Scouts Canada with Lion John Mills.

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LOCAL NEWS

■ PELHAM COUNCIL

New fire hall over budget

MELISSA MANGELSEN
Pelham News Staff

Shovels haven't been put into the ground, yet a new station No. 3 fire hall is already \$100,000 over budget.

Pelham Fire Station No. 3 found out that construction

doesn't always go as planned.

It received a detailed cost for a new building, which put costs \$100,000 over budget. Pelham Fire had asked for \$1.1 million from the 2014 operating budget.

But with construction slated to begin in about two months, Pelham Fire asked town council

Monday to approve the budget of \$1.2 million for the construction of Fire Station No. 3 in North Pelham. The overage of \$100,000 will be funded by the fire services reserve.

The reason for the extra \$100,000 is the need for a dry hydrant cistern system needed

for firefighting.

It is a 33,000-gallon cistern that is required to maintain the current insurance rating within the municipality.

"We wanted to dig a pond out back and use that water, but because of insurance requirements they're not allowing that. If we did use a pond, rather than the dry hydrant cistern system, residents could see an insurance hike of about 60%," said Pelham fire Chief Bob Lymburner.

Another \$50,000 was required for materials and supplies that weren't included in the construction contract with Charter Construction.

The supplies included desks for the offices, commercial grade appliances, utility connections to the lot line, data cabling and signage.

Lymburner said adding to the cost was also the fact that the station needs to be post-disaster ready and because of the intended use of the building it needs to have a kitchen.

"When we put forth the estimate we also didn't know where the location for the new fire station was going to be. That makes a difference, too, because of the distance HydroOne needs to come in and install cables," he said.

“

When we put forth the estimate we also didn't know where the location for the new fire station was going to be."

Pelham fire Chief Bob Lymburner

The new fire station will be built at 2317 Cream St.

Council approved that \$100,000 be funded by the fire services reserve for the project. It will not impact the tax levy. In addition, the fire services reserve will receive funds from the potential sale of Old Pelham Fire Station No. 2, which will maintain the reserves balance into 2015.

"My hope is that the additional \$100,000 that is being taken out of the fire services reserve doesn't leave them short elsewhere down the road," said Ward 1 Coun. Richard Rybiak.

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NOTICE OF PUBLIC MEETING DEVELOPMENT CHARGES BY-LAW & BACKGROUND STUDY

On Wednesday, March 19, 2014, at 6:30 p.m. in Pelham Council Chambers, the Council of the Town of Pelham will hold a public meeting, pursuant to Section 12 of the *Development Charges Act, 1997*, to present and obtain public input on the Town's development charges by-law and underlying background study.

All interested parties are invited to attend the Public Meeting of Council and any person who attends the meeting may make representations relating to the proposed by-law and background study. In order that sufficient information is made available to the public, copies of the proposed by-law and the background study are being made available as of March 1, 2014 from the Town Clerk, at the address set out below. Interested persons may express their comments at the Public Meeting or in writing, addressed to the Town Clerk, at the address noted below, prior to March 12, 2014.

Section 12 (1) of the *Development Charges Act, 1997*, stipulates that before passing a development charge by-law, the council shall:

- hold at least one public meeting;
- give at least 20-days notice of the meeting or meetings in accordance with the regulations; and
- ensure that the proposed by-law and the background study are made available to the public at least two weeks prior to the meeting or, if there is more than one meeting, prior to the first meeting. 1997, c. 27, s. 12 (1).

Nancy J. Bozzato • Town Clerk • 20 Pelham Town Square, P. O. Box 400, Fonthill, Ontario, L0S 1E0 •

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RECREATION PROGRAMS & CLASSES

Zumba Fitness @ Pelham Arena

Tuesday Feb 18 7:00 pm - 8:00 pm
Thursday Feb 20 9:30 am - 10:30 am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

Walking Club - Everyone is welcome! - Feb 18 and Feb 20

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shiny Hockey	Women's Shiny Hockey	Women's Learn to Play Hockey
Sunday Feb 16 1:00-2:20 pm Monday Feb 17 9:30-11:30 am 1:00-3:00 pm Tuesday Feb 18 7:30-8:30 pm Friday Feb 21 8:00 - 9:30 pm	Thursday Feb 20 1:00 - 2:30 pm	Tuesday Feb 18 1:00 - 2:30 pm Friday Feb 21 10:00 - 11 am	Tuesday Feb 18 1:00 - 9:00 am Friday Feb 21 9:00 - 10:00 am	Monday Feb 17 CANCELLED Thursday Feb 20 10:30 - 11:30 am	Thursday Feb 20 9:30 - 10:30 am

Monday, February 17 is Family Day! Join us at the arena for two Free Skates sponsored by Mossimo's Pizza.

"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 am	Pease Park (Nordic Walking) (Poles available for use.)	Woodstream Park (Walking)	Pease Park (Walking)	Woodstream Park (Walking)	Cherry Ridge Park (Walking)
6:00 - 7:00 pm	Cherry Ridge Park (Walking)	Pease Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit pelham.ca or contact jcook@pelham.ca or call 905-892-2607 ext. 329.

COMMUNITY EVENTS & NEWS

February 26th is Pink Shirt Anti-Bullying Day - Join the Town of Pelham and the Pelham Mayor's Youth Advisory Council in raising anti-bullying awareness by wearing pink. See full details at www.pelham.ca and find out how to participate at your local school and business.

Farmers' Market Vendor Applications - The Town of Pelham is currently accepting vendor applications for our 2014 Farmers' Market, which will run each Thursday starting May 1st and ending October 30th. Vendor stalls are \$30.00/week or \$200.00/season. Application packages are available on www.pelham.ca and at Pelham Town Hall.

Pelham Mayor's Gala Tickets Now Available - On Saturday, May 24th, 2014, Mayor Dave Augustyn and community volunteers will host the Sixth Annual Pelham Mayor's Gala at Lookout Point Golf & Country Club. Tickets are "NOW" available and sell out fast! Individual tickets are available for purchase at \$135 each. Partnerships are also available through the "NEW" Mayor's Gala Champions Program. Please contact 905-892-2607 ext. 337 or mtoscher@pelham.ca.

Pelham Tax Due Dates - Mark your calendars for the first and second tax installments which are due February 28th and April 30th, respectively.

TOWN OF PELHAM MARCH BREAK CAMP

Get ready for another exciting year at Pelham's March Break Camp!

Monday, March 10 to Friday, March 14, 2014

at the Pelham Arena, 1120 Halst Street, Fonthill

Open to children ages 4-12

Spaces are filling quickly - Register early to avoid disappointment!

Full details and registration forms available at
www.pelham.ca and at Town Hall.



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LOCAL NEWS

■ **MUNICIPAL FINANCE:** Pelham Cares' permissive grant scaled back

Fonthill Lions fetch \$8,000 from town for new sign

MELISSA MANDELSEN
PelhamNews Staff

Pelham taxpayers will help Fonthill Lions Club buy a new Hwy. 20 display sign.

From Summerfest to Christmas in Pelham, the club is a major player in town events. Its motto is "we serve" — and town council acknowledged that ded-

ication to the community Monday night by giving it \$8,000 to be put towards a new club sign on Hwy. 20.

The decision was made after councillors decided to revisit the 2014 operating budget's permissive grants.

"The first time we asked for the grant it was turned down," said

Lions secretary Fred Arbour.

"We wouldn't have approached the town if it wasn't beneficial for the people of Pelham. We're really happy that they decided to reconsider our request."

Ward 1 Coun. Richard Rybiak put forth an amendment to reallocate the \$8,000 from Pelham

Cares. The motion was seconded by Ward 2 Coun. Catherine King.

The reason the request from the Lions Club was turned down the first time was because it was considered a capital project, but Rybiak said there is nothing in the grant application that indicates that funds cannot be used for capital projects.

"Both organizations, Pelham Cares and the Lions, do great work in the community and they support one another. This is a good project for the Lions and they're as much worthy of the permissive grant as Pelham Cares is," said Rybiak.

King said Pelham Cares has been the recipient of permissive grants for several years.

"Times were different for them in regards to support and services back then. If it wasn't for the Lions we'd lose a lot of events in this town. I think it's time to make a shift to recognize the Lions," said King.

According to Ward 2. Coun. Gary Accursi, Pelham Cares uses about 20% of its funding on services and the rest on staff and operating costs.

"I would have removed Pelham Cares completely," said Accursi.

He put forth the motion to allocate no money to Pelham Cares this year, but he was not supported by any one.

Mayor Dave Augustyn also supported the motion to allocate \$8,000 to the Lions Club and have Pelham Cares receive \$3,600 rather than the \$18,000 that it had originally requested.

"The Lions are active and a huge part of this community. I see this as recognition for the Lions, which is why I support this," said Augustyn.

Diane Walker, vice-chair of the board at Pelham Cares said that they understand the town has a lot of groups come forward to them to ask for financial support.



Richard Rybiak

"The Lions do great work in the community. In no way do we want to create a competition with the Lions, we do a lot of work together and they're always very supportive of Pelham Cares," said Walker.

Though Ward 1 Coun. James Lane had some issues with the placement of signage, the motion passed unanimously.

"I've always had an issue with the signs along Hwy. 20 as is. I'm not sure that's the look we want to go with being the gateway to Pelham," said Lane.

The sign will be digital and will announce events that are happening in the town as well as with the Lions Club. No design on the sign has been given yet.

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LOCAL NEWS

■ **ECONOMY:** Town looks into its economic future

Pelham lacking young workers

MELISSA MANGELSEN
Pelham News Staff

David Alexander from the Niagara Workforce Planning board presented Pelham town council with a high-level analysis regarding the town's employment trends including demographics, population trends, number of workers and their education levels, and the top 10 occupations and industries.

The Niagara Workforce Planning board predicts that job numbers in Pelham will continue to climb into 2019, however, they are concerned about a lack of young workers in the area.

"Pelham is above the provincial average for market income, but it lacks workers between the ages of 25 and 45, which could be a major issue down the road," said Alexander.

In Pelham, 12% of incomes are from retirement pensions, superannuation and annuities, which is above the pro-

The proportion of the working age population will shrink faster. Increases in income and standard of living through increasing the employment rate is becoming increasingly difficult. Unless labour market participation and productivity improve, economic growth will suffer and labour shortages may result"

David Alexander from the Niagara Workforce Planning board

vincial average of 7%. For 2012, the average earnings were \$35,700.

The top industry in Pelham is the food and beverage service, followed by farms, educational services, nursing and residential care facilities and motor vehicle and parts dealers.

"The proportion of the working age population will shrink faster. Increases in income and standard of living through increasing the employment rate is becoming increasingly difficult," Alexander said. "Unless labour market par-

ticipation and productivity improve, economic growth will suffer and labour shortages may result," he added.

According to Alexander, Niagara needs to work to attract and retain more people, especially the young and bring more of its existing population into the labour force. Most of the potential workforce in Niagara and most of the part-time workforce that could be full time are women. Family obligations are keeping women from greater participation with day care being the biggest

issue. "Niagara has both a lower educational level and a higher unemployment rate than the province. It's safe to say that these two things are linked," said Alexander, who suggested looking into education and full-time jobs for women in the workforce.

According to the presentation, most of Niagara's businesses have less than 10 employees. "Manufacturing, which employs a larger amount of people, has been in a steady decline, but has plateaued for the last few

years," he said.

The Town of Pelham will look into strategic planning opportunities, continuous improvement in its educational and training system and to support the most vulnerable.

There will also be a focus on agriculture, BioTech: software and hardware

and Carbohydrate Valley: Industrial Fermentation.

"It's the speed of implementation, not the perfect strategy that is key to addressing the challenges and opportunities," said Alexander.

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LOCAL NEWS

■ **MUNICIPAL FINANCE:** Town's operating budget approved

Pelham town taxes climbing 1.5%

MELISSA MANGELSEN
PelhamNews Staff

After several months of work from Town of Pelham staff, the 2014 operating budget came to council for approval. The budget includes a 1.5% tax increase.

It was recommended by the committee-of-the-whole

that council approve the 2014 operating budget.

Ward 1 Coun. James Lane acknowledged the amount of work that had gone into the budget, but noted that he has seen his bills in Pelham skyrocket.

"I find it really difficult to support any tax increase

in Pelham. I know that every other town has a tax increase, but I don't think we need to have one," Lane said. "I'd like to see the town have no increase in taxes."

Mayor Dave Augustyn disagreed with Lane, saying that a tax increase is necessary to maintain the services

that people enjoy within the town.

"In 2011 we had a small tax decrease in the town. In the past two years we've seen a 2.5% and 2.6% increase and this year it is only a 1.5% increase," said Augustyn.

"Pelham remains among

the lowest. What I've heard from the people is that they want the services maintained. For example, the sidewalk clearing and cultural and recreational activities. I support the budget and think that this is a good-news budget for the town."

The motion to approve

the 2014 operating budget, except the library board and permissive grants portion (which were pulled and dealt with separately) passed with a 6-1 vote.

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For example, the sidewalk clearing and cultural and recreational activities. I support the budget and think that this is a good-news budget for the town”

Pelham Mayor Dave Augustyn



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INVESTMENTS

Seniors learn to sniff out scams

DON FRASER
 QMI Agency Niagara

Investor scams soak too many seniors and often fly under the radar.

But by simply looking for red flags and checking credentials, most of these financial disasters can be prevented, says the Ontario Securities Commission.

"It's one of the most under-reported offences," said Allison Field, acting manager of the commission's enforcement branch. "What I've seen ... is the impact, mentally and physically on people that have been victims of these types of scams."

His comments opened a fraud prevention and literacy seminar at the Dunlop Drive Centre in St. Catharines on Tuesday.

The gathering of about 70 seniors is among many held by the commission across Ontario to publicize current investment scams and frauds and provide information on financial investment security.

Scam artists target people over 50 because of the financial pressures and mounting responsibilities many in this group face. It leaves them fearful about not having enough money for retirement, making them easier prey for scam artists.

"Some people have lost everything in these scams," said Field, who also investigated the incidents as a former police officer. "Others are ashamed to tell their spouse and family, and don't have enough time left in their life to recoup these losses."

Field told the group a recent study has

shown three in 10 Canadians have been approached in a potential investment fraud and almost one in 20 have been a victim.

Among investment fraud, red flags are high-pressure sales tactics and promises of a high return with little risk. Another troubling sign is unexpected calls or e-mails from someone you don't know, or where the investor is pressured into referrals for a fee.

Common swindles are "affinity frauds" targeting a group that relates to one another socially, linguistically or culturally. "They want to bring more and more (investors) in the group," he said. "If the early people are doing well, it's a big advertisement for later investors."

"Quite often people get let down and lose a lot of money."

Ponzi and related pyramid schemes — often where investors are recruited and encouraged to recruit others — are also common scams. There's no underlying business and eventually the scheme collapses, with those last investors losing it all.

Investment boiler rooms and "pump and dump" share or stock-buying schemes are other frauds that are seen.

"It's really important to tell somebody what's going on," said Field. "The police, us, let somebody know."

A number of the seniors said the advice on detecting scams and protecting finances is a needed service for a vulnerable group.

"I think it's excellent," said Betty Lindsey, 90. "It was a great thing to listen to, and a good way to protect seniors."



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■ HOSPITAL

Matthews removes doubt regarding new hospital location

Continued from Page 13

"That site is where the new hospital will be built."

Matthews said people who have had an opportunity to visit the new hospital in St. Catharines know what a difference that makes in the delivery of health care, and the Liberal government is moving forward with plans for the Niagara Falls hospital, too.

Reminded that the existing Welland

hospital serves a catchment area of 92,000 people, Matthews said the plans also call for two urgent-care centres "so the people will have access to the care they need on an urgent basis."

"But the new hospital in Niagara Falls will be able to attract professionals who would not be attracted to the current dispersed health care here, bringing everybody under one roof in providing the care that can be provided when you have that critical mass. It's going to significantly improve access to quality of care here in south Niagara," she said.

"It's going to mean that people will not have to travel as much to get health care."

Told that people in Wainfleet are going to have to travel for up to 50 minutes to get to that location, Matthews said, "Kevin Smith made a very compelling case and I think anybody who looks at that report will be convinced that the right thing to do is improve health care here to consolidate, but provide urgent care as well, for people who need that level of care."

Asked if there are any opportunities for additional public consultation, Matthews said Smith engaged the community "in a remarkable way."

"He listened very carefully and his report reflects what he has heard. Now we're on to the next step of the planning."

"It's going to be fantastic," she said.

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■ REGION

Bridge contract awarded to Quebec company

ROB HOULE
QMI Agency Niagara

It's a go.

Niagara Region councillors voted Thursday night to award the contract for the Burgoyne Bridge replacement to Pomerleau Inc. The Quebec-based company will build the bridge over Twelve Mile Creek linking St. Paul St. for \$69,909,960. There is an \$8 million contingency fund should the project run over budget. Rankin Construction was the second-lowest bid at \$76,743,285, while the highest bid, from Aecon Construction & Materials Ltd., was \$84,600,000.

Councilors voted 22-2 in favour of awarding the contract to Pomerleau and a contract of slightly more than \$4 million to engineering firm Delcan Corp. to oversee the bridge construction.

Count, Andy Petrowski voted against the bridge tender because he was opposed to Delcan getting the oversight contract.

In 2010, Delcan estimated the bridge replacement to cost \$32.5 million. The total budget, including the \$8 million contingency fund and pre-tender costs, is now pegged at \$91.35 million.

During the public works committee meeting on Jan. 28, Region director of transportation Joe Cousins said staff felt early on the Delcan estimate was off the mark.

"We were assured by the consultant that based on their recent experience with designing and tendering a project ... they felt their prices were fairly accurate," Cousins told the committee.

"Fundamentally, I don't think this council should be rewarding the contractor" with the oversight contract, Petrowski said Thursday night.

"How can we turn around, as a council, and reward the original contractor, who was responsible for doing the original price estimate?"

Coun. Alan Caslin said it was unfair to blame Delcan for the disparity in estimate and final budget.

"There are mitigating circumstances that we've heard ... It would be unfair to blame our consultant for the pre-existing soil con-

ditions that exist beneath the bridge," Caslin said.

The "mitigating" circumstances that led to the inflated price that were revealed with a detailed geo-technical assessment included soil and slope instability that required the span of the bridge to be extended.

Pelham Mayor Dave Augustyn also said Delcan should not be blamed for the original estimate, saying it "pre-dates the environmental assessment. It pre-dates the detailed design. In the environmental assessment there were changes, different road approaches and things like that, there were detailed design changes ... addition of sidewalks, ect. It pre-dates some of the work on the geo-technical."

Port Colborne Mayor Vance Badawey also voted against tendering the project to Pomerleau and Delcan.

Badawey said Friday he voted against the bridge tender because it came in over budget.

"I believe we should have re-engineered it within budget," Badawey said. Badawey cited a similar situation when the City of Port Colborne put out a tender for its Vale Health and Wellness Centre and the bids came in over budget. He said the city re-engineered the design until it conformed to the budget set by council.

Badawey expressed concern Thursday night about who would be responsible for any budget overruns.

"If in fact the project ends up being over budget, who is going to be actually responsible for that?" Badawey said.

Cousins replied that "as the owner, we would initially be responsible for the cost of the project. If we felt there was culpability on either the part of the contractor or the consultant, we would be looking to them to remedy that situation."

Pomerleau had indicated it is prepared to start preliminary work on the bridge next week. Construction is expected to take 2½ years, meaning it would open to traffic in fall 2016.

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SPORTS

■ MINOR SPORTS

Hockey parents go to school

SHAWN JEFFORDS
QMI Agency

Go into any arena with a minor hockey game and chances are, Sam Steinbach says, you'll eventually see a parent say or do something they shouldn't.

"It's almost more exciting to watch some of the parents than it is the game," says Steinbach's Niagara Falls, who has a seven-year-old son in a house league.

It's why Steinbach isn't bothered by a new mandatory training program being rolled out by the Ontario Minor Hockey Association requiring one parent or guardian of every player to complete a Respect in Sport online course.

"I don't think the courses are going to make a huge difference. I still think you're going to have the problem, but it will give some people a little refresher course on how to act in the arena," he said.

The online course, which costs \$12 plus tax to complete, is a one-time certification tool that's supposed to encourage positive behaviour. But its implementation hasn't gone over well with everyone.

An Oakville dad says Ontario's largest minor hockey organization is punishing good parents while not dealing with the hoodlums who go overboard at the rink.

Judd Langley, who has two children playing the game, said the OMHA alerted parents last week to the rollout of the mandatory Respect in Hockey program.

At least one parent must view the hour-long program by Aug. 31 or their child will not be added to a league roster.

"It seems to me they're punishing everyone for a very small minority of parents they aren't going to reach anyway," he said. "I don't think a parent who is a problem sees themselves as a problem. A course isn't going to stop them."

Langley said he thinks the program, delivered by former National Co-founder by former National Hockey League player and abuse survivor Sheldon Kennedy, is "well-meaning" but doesn't address the need to remove problem parents.

"It's not going to fix everything. It never will. Inevitably, when another parent goes and acts like a fool, what are they going to do next? Are they going to ban parents from watching?"

The fee also concerns Langley, who said costs are already substantial for equipment and registration.

Garden City Minor Hockey Association president Steve Secord said he's just starting to get feedback from parents about the requirement.

"Most parents see it as a cash grab," he said, adding \$12 from every family in Ontario is not a lot of money.

But Secord said it's a one-time deal and lets the association know all players' par-

ents and guardians have been warned about their behaviour.

"It takes a little bit of the liability off of the associations when it comes to disciplining parents."

Secord said there are about 1,200 children in St. Catharines playing minor hockey. Most parents are well behaved, he said.

"We're not bad to be honest. On a scale of one to 10, I'd put St. Catharines at eight," he said. "We've had our few we have to discipline internally."

The OMHA adopted the initiative at its annual general meeting in early 2013 and has spent the past year slowly rolling it out. The course is already mandatory in Alberta, all Atlantic provinces and parts of Saskatchewan and British Columbia.

Kevin Hamilton, manager of development programs for the OMHA, acknowledges they have received complaints, but the association thinks it can help change the culture of the game.

"You've seen the types of behaviours people can exhibit when they get into the arena," Hamilton said. "That's from folks who are generally reasonable people outside of the rink... We know the majority of our parents are good. We're hoping to make them better and give them more tools to help. We're hopeful it will set a higher expectation of what our standards are in our game."

Hamilton said the course helps good parents gain the ability to stand up to problem parents.

"We're hoping, also, people are going to feel empowered, not only the ones who don't need the message but the people who do need the message," he said.

Wayne McNeil, who co-founded the for-profit Respect Group with Kennedy, says the program isn't designed to remove or punish problem parents.

"We'll never deal with the problem parents," he says. "Our approach is if we make every parent better, the problem parents will have less of a say and they may be quelled much sooner by all the other good parents who now have the knowledge."

McNeil says the course also covers topics like long-term player development, parental expectations of their child, hazing, bullying and concussions. He likens it to "Sport Parenting 101," as opposed to a licensing scheme.

There was negative feedback when the program launched in other provinces, McNeil says, but it diminished after parents took the course.

Hamilton said the OMHA has not decided what it will do if parents refuse to take the course. But he thinks the program, like all change, will take time to accept.

— with files from Karenna Walter

shawn.jeffords@qmi-media.ca

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Shingles is caused by the same virus that causes chickenpox (varicella-zoster virus). After the chickenpox blisters heal, the virus remains dormant in nerve cells in your body. It can become reactivated after many years resulting in shingles. It is not known exactly why the virus becomes reactivated, however it is thought that having a weakened immune system along with physical trauma, UV light or stress may play a role. The risk of developing shingles increases with age and people over 50 years old are at the greatest risk. The symptoms include a painful, blistering rash that often breaks out in one part of the body, usually the chest or upper back are involved. Sometimes the pain resulting from shingles can last for weeks, months, or rarely years, after the rash heals. This lasting pain has been described as burning, itching, throbbing or stinging. In some cases, there are symptoms without a rash. Shingles on the face, especially on the nose, can be again at greater risk. Shingles may also result in skin infections at the site of the rash, or scarred following healing of the rash.

Fortunately, a vaccine is now available to boost your immune system and help to prevent shingles and its complications. It is called Zostavax and is available to adults over 50 years old. The vaccine cannot be used if you are already experiencing symptoms of shingles; it is only used for prevention. The vaccine is given as a single dose by injection just under the skin of the upper arm by a doctor or trained nurse. As all medicines and vaccines can have side effects, some people may experience redness, pain, swelling, or bruising at the site of injection or headache. These are the most common unwanted effects, but they are usually minor. This vaccine was found to reduce the risk of developing shingles by about 50-70% (depending on your age) within the first year after receiving the vaccine.

Zostavax must be stored frozen below -15 degrees Celsius until the day it is to be used. Only a few pharmacies currently have the correct storage facilities for this vaccine to be able to stock it. Zostavax is available from all of the Boonjo Family of Pharmacy locations.

Zostavax is safe for most people, however it should not be used by anyone who:

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- HAS ACTIVE UNTREATED TUBERCULOSIS

• HAS HAD A SERIOUS ALLERGIC REACTION (HIVES, FACE SWELLING, DIFFICULTY BREATHING)

- TAKES HIGH DOSES OF STEROIDS (E.G., PREDNISONE, METHYLPREDNISOLONE) BY INJECTION OR BY MOUTH

Since this is a relatively new vaccine, it is not known if it will provide protection from shingles for longer than 4 years.

Talk to your doctor or pharmacist for more information and advice about shingles and to find out if the Zostavax vaccine is right for you.

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■ RESEARCH

Studying dogs, kids and empathy

DON FRASER
QMI Agency Niagara

The girl and the wagging canine bond on sight.

At a corner inside St. David's School, bandana-clad dogs wait eagerly as Grade 1 students scramble toward them.

Student Olivia Glasier catches the eye of Chloe, a shih tzu-yorkie mix, who turns her muzzle to listen as Olivia reads a book.

"I have two boxers at home," Olivia says, snuggling up to Chloe. "I can tell my secrets to them."

Moments later, Ryan Si patiently speaks out sentences from a dinosaur publication to Cosby, a mini-Schnauzer. "I really like animals — I like to watch TV with them," Ryan says afterward.

This psychological union of child and animal is part of a study led by Brock University developmental psychologist Christine Tardif-Williams.

The dogs — all assessed for their suitability and on loan from their owners — have been taking part in a Reading Buddy program offered by Therapy Tails Ontario, a non-profit group from Welland.

Each week, Grade 1 and 2

students at the school choose a dog to interact with, and read to the animal for about 20 minutes.

"Anecdotally, we know it really works," says Therapy Tails volunteer Heather Deans, during the Niagara-on-the-Lake school visit. "Shy kids also really come out of their shell."

"We're excited this will hopefully help prove what we already know about the animals and what they can do."

Tardif-Williams' study is a collaboration with Therapy Tails founder Tina Hill and began in September in co-operation with parents, teachers and St. David's principal Tammy Chilcott.

Researchers collect pre-test reading scores and measures of things like shyness and empathy, as well as data on children's feelings about animals.

They then observe and record information about the children reading with the dogs, noting things like enjoyment and confidence.

To strengthen research findings, another group started reading to the animals in January, and that group's pre-test results will be compared with data from the St. David's children who started

in September.

The study also seeks to learn more about how young people react to therapy and companion dogs, which are increasingly seen in schools as they accompany children

with mental health or physical challenges.

Results from the St. David's investigation will be studied, with a report to be released later.

"This really isn't just learn-

ing more about reading," said Tardif-Williams, a Brock child and youth studies associate professor.

"We hope it helps us to better understand how companion animals in educa-

tion can promote empathy and compassion between companion animals, the children who use them, and their peers."

don.fraser@summedia.ca



JULIE JOCSAK/QMI AGENCY NIAGARA

Grade 1 student Olivia Glasier gives Falkor, a 10-year-old yellow lab a hug on Thursday. Falkor is part of the Therapy Tails program. Some students at St. David's School are taking part in a study by a Brock University professor who is studying the relationship between animals and children's reading and socializing abilities.

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WINTER STAYCATION

Luncheon to celebrate Welland, at Welland Community Wellness Complex, at noon. Doors open 11:30 a.m. Menu: Lasagna and meatballs, garden salad, rolls, tiramisu, tea or coffee. Tickets \$13 for passholders or \$14 (\$2 savings if bought before Jan. 31). No tickets at the door. Call 905-735-1700 ext. 4000 before Feb. 2.

PASTA NIGHT

at Casa Dante. Takeout dinners for \$8, 3 p.m. to 6:30 p.m. Sauce, meatballs, minestrone soup and pasta fagioli are also available for takeout.

PHILOSOPHER'S CAFÉ

at Wainfleet Township Public Library at 6:30 p.m. Drop by for a lively discussion on short-term, long-term thinking. All welcome.

VALENTINE'S DAY

tea and talk at Halimandam County Museum and Archives featuring chocolate tasting, homemade scones, door prizes and much more. Time 1 p.m.; cost \$10. Register at 1-905-772-5880

FEBRUARY 14

VALENTINE'S DAY CRAFTS

at Wainfleet Township Public Library, 2:30

p.m. to 3:30 p.m. (public school early release day). For children in kindergarten to Grade 6. Call 905-899-1277 to pre-register as spaces are limited.

FEBRUARY 15

VALENTINE WINE AND CHEESE

event sponsored by Knights of Columbus, Fonthill, at St. Alexander church, 50 Pelham Town Sq., 7 p.m. to 9 p.m. Cost is \$10 a person, and includes a glass of red or white wine served with cheeses and snacks.

VALENTINE'S DINNER DANCE

hosted by Le Centre Polyvalent des Aînés Francophones de Port Colborne golden age club, at 184 Mitchell St. in Port Colborne. Doors open at 5:30 p.m. Enjoy a home-cooked meal and then dance the night away to music provided by "Gino Frisky." Tickets are \$25 each, which includes the above and a complementary glass of wine. To reserve tickets or for more info call 905-834-0683.

PASTA DINNER

hosted by Fonthill Lions at their Hwy. 20 hall, 4 p.m. to 7 p.m. Adults \$10, children (under 12) \$6. Takeout available. Cash bar.

Continued on Page 22

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From page 20 NIAGARA BONSAI SOCIETY

has a discussion on and display of Bonsai containers: St. Mark's Church, Addison Hall, 41 Byron St., Niagara-on-the-Lake, at 1:30 p.m. For information e-mail niagarabonsai@gmail.com.

FEBRUARY 16

SPECIAL PORK LUNCH

at the Hungarian Hall, 361 Helms Ave., Welland at 12:30 p.m. Vegetable soup, sauerkraut with pork, sausage, rice sausage, potatoes, salad, coffee, tea, dessert. Adults \$20, students (seven to 14) \$10. For tickets call: Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at 905-735-6447.

AFTERNOON DANCE

at the Royal Canadian Legion Branch 4 banquet hall, 2 p.m. to 6 p.m. Entertainment by Jacquie and Linda. Cost is \$5 a person and includes food, fun and more. Tickets are \$7 at the canteen or at the door.

FEBRUARY 18

WELLAND RIVER KEEPERS

Ministry of Natural Resources management biologist Anne Yagi and fish and wildlife technician Cathy Blott will meet with Welland River Keepers members at the Niagara Peninsula Conservation Authority offices, third floor, 250 Thorold Rd. W., at 7 p.m. They will discuss their Niagara River Fish Community Report focusing on recommendations for habitat work on the Welland River, including discussion of possible impacts to habitat from changes in the height of the river fluctuation. The public is invited to attend and participate in the discussion.

POINTABINO LIGHTSTATION

Preservation Society (PALPS) general meeting at the Crystal Ridge Library, 89 Ridge Rd. S., Ridgeway. Guest speaker Patrick Little shares the history and restoration of the Port Dalhousie Lighthouse. Business 6:30 p.m. Refreshments 7:30 p.m. Guest speaker: 7:45 p.m. All welcome.

Continued on Page 24



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From Page 22 CARD MAKING WORKSHOP

Learn different techniques to make six cards suitable for a number of occasions, at Pelham Public Library, 10 a.m. to 12:30 p.m. Fee of \$10 includes most materials. Register ahead.

VHF MARINE RADIO COURSE

offered by Port Colborne Power and Sail Squadron, Feb. 18, 19 and 21, 7 p.m. to 9:30 p.m. at Church of Jesus Christ of Latter-day Saints, Welland. Cost \$75. Some pre-study required. Register at www.boatingcourses.ca.

FEBRUARY 19

WELLAND HORTICULTURAL

Society meets at Vermeer's Garden Centre, 684 South Pelham Rd., at 6:30 p.m. Floral arrangements to be made. Preregistration for arrangements. For information call 905-735-5132.

FEBRUARY 20

LEGO

at Wainfleet Township Public Library 6 p.m. to 7:30 p.m. Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

FEBRUARY 21

TRIVIA NIGHT FUNDRAISER

for Pelham Centre School, 6:30 p.m. at Old Town Hall, 491 Canboro Rd. Tickets are \$10 and include games, pizza and snacks. Also available: cash bar, 50/50 draw, silent auction, door prizes.

Put together a team of eight for a fun night out.

FISH FRY

at the Royal Canadian Legion Legion Branch 4 banquet hall, 4 p.m. to 7 p.m. Haddock, french fries, cole slaw and bun for \$9 a person.

FEBRUARY 22

WRITING WORKSHOP

with Larry Brown at Pelham Public Library. Bring your pen and lots of paper, or your laptop, and your enthusiasm. Suitable for beginners and more experienced writers. Brown, of Brantford, is the author of two story collections. Talk (Oberon Press 2009) and Satellite (eBook, Kobo Books 2012). This event costs \$50 and runs 10 a.m. to 3 p.m. Register in advance.

SUPERFIC TASTING

Receive your passport to sample eight soups from around the world, at Central United Church, 12 Young St., Welland. Seatings at 11 a.m. and noon. Tickets are \$10 in support of Welland Heritage Council and Multicultural Centre. Call 905-732-5337 for tickets; only 300 available.

CHANGE YOUR MIND

Change Your Life Workshop, Emotional Freedom Technique is an energy tool to clear stress and anxiety; breaking free from negative thinking and low self-esteem. Time 1:30 p.m. to 4:30 p.m. at Welland Community Wellness Complex, 145 Lincoln St. Cost \$20. Call 905-788-3216 to reserve a space.

PROGRESSIVE EUCHERE

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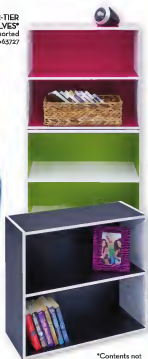


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The Town of Pelham is now accepting resumes from applicants with highly developed research, report writing, communication and interpersonal skills, plus a diploma in Business Administration, and 3 to 5 years of experience in a municipal environment (3 as a senior administrator). Annual salary range is \$45,754.80 - \$53,817.40.

Visit pelham.ca for more information and to apply by Sunday, February 16, 2014.

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90-SECOND CIRCULATION BOOSTER

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increased "senior moments"? The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O).

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

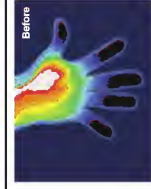


NOBEL PRIZE WINNING DISCOVERY

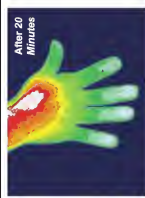
Three researchers received the prestigious Nobel Prize for the discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.



Dark = Low Blood Flow



Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!" Ronald D., TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEE & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-Circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

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- Support healthy blood pressure
- Increase the body's circulation
- Support cardiovascular and heart health
- Improve artery health



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